



## THE FRONTLINE

# SPORTS & RECREATION

## Marne Team competes in Army Ten-Miler



Kaytrina Cutris

*Inside the Hooah Tent Zone, members of the Fort Stewart-Hunter Army Airfield Marne Team pose for a picture with 3rd Infantry Division Commander, Maj. Gen. Tony Cucolo (right of Rocky) and Command Sgt. Maj. Jesse Andrews (left of Rocky), 3rd ID command sergeant major, after running the Army Ten-Miler in Washington D.C., Oct. 4.*

### Kaytrina Curtis

Hunter Army Airfield Public Affairs

**WASHINGTON, D.C.** — On a picture-perfect cloudless morning, with temperatures lingering near the upper 50s, thousands of runners took their mark at the starting line on a road outside of the Pentagon for the 25th Anniversary Army Ten-Miler competition, Oct. 4.

Twenty-five years ago, the Army Ten-Miler began with a little more than 1,300 runners, but over the years the event has grown in popularity. Now slated as one of the largest road-races in the world, the Ten-Miler filled 30,000 slots within six days.

Along with 503 other teams, Fort Stewart-Hunter Army Airfield's Marne Team members signed up for the opportunity to beat the pavement through-

out the streets of D.C.

Members of the Marne Team were chosen in a qualifier race at Stewart's Donovan Field one-mile track in the National Guard Training Area, June 27. Fifty-two runners competed for the 18 available Marne Team slots, and the top six runners in each group were chosen to represent the 3rd Infantry Division for the event. Three teams were fielded as a result of the qualifier: the Men's Open, Women's Open and Master's Men Open.

Nothing short of an Army Family reunion could be witnessed throughout the Hooah Tent Zone, where military units promote their divisions through displays set up in tents at the Pentagon parking lot on race day. At the HTZ, many old Army acquaintances and friends gathered to reminisce about old times, and play catch up with the what was new in the lives of their buddies.

Hunter Garrison Commander, Lt. Col. Jose Aguilar, an avid runner, shaved 5.7 seconds off his qualifying time of 1:11:36 when he crossed the finish line with a time of 1:06:29, an average of a 6.5 minute mile. Lieutenant Colonel Aguilar said his motivation to compete in the Ten-Miler derives from more than his love of running.

"At an event like the Ten-Miler, you get to see friends from around the country who are also serving in the Armed Forces," he said. "It just feels great to have all these warriors running together."

After the National Colors were presented, four Black Hawk helicopters dotted the sky as they flew over the runners. Army Chief of Staff Gen. George W. Casey Jr. wished the runners "good luck" before the race through the streets of the nation's capital began.

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## 260th QM Bn supports local YMCA

### 2nd Lt. Derek Jones

260th Quartermaster Battalion

The 260th Quartermaster Battalion, 3rd Sustainment Brigade, 3rd Infantry Division sent 26 Soldiers and Family Members to participate in the Young Men's Christian Association's 5K walk/run in downtown Savannah, Oct. 3.

The run helped raise money for children who could not afford to pay the fees to register and participate in organized athletics.

The volunteers helped sign up last-minute registrants, pass out t-shirts, and ensure that the route was safe for all participants by providing road guard support and passing out water at the halfway point. Captain Alphonso Harrell, 512th QM Company commander, and 3rd Platoon leader 2nd Lt. Joshua Kuster then led the runners while carrying the company guidon.

The 260th QM is no stranger to helping the local YMCA, as they recently helped tear down an old playground so they could build a bigger and better one in its place.



## CYSS offers youth intro to golf, personal development

### Child and Youth School Services

Child, Youth & School Services has partnered with the First Tee program to bring an exciting opportunity to youth at Fort Stewart-Hunter Army Airfield through golf.

First Tee wants to introduce young people to the game of golf and, more importantly, promote character development and life-enhancing values through the game.

The First Tee program is offering free six-week sessions to CYSS

youth, ages 5-18.

Currently, we have 15 slots per age group at each installation available.

To sign up or register please stop by the CYSS Central Registration offices located, building 443 on Fort Stewart at 767-2312; or building 1286 at Hunter Army Airfield, 315-5425.

For more information about SKIESUnlimited programs at Child, Youth & School Services, call Amber Vega, instructional program specialist at 767-6071.

## Registration to open for CYSS basketball, cheerleading Oct 19

### Child Youth School Services

Registration for Fort Stewart youth basketball and cheerleading will begin Oct. 19 and end Dec. 31 or when all slots are filled. Registration is open to all Child Youth School Services members living on or off post ages 5-18 for basketball and 6-13 for cheerleading. Register at Fort Stewart CYSS, building 443 on Gulick Ave. The Stewart CYSS is open 8 a.m. to 5 p.m.; Monday, Tuesday, Thursday, and Friday and 9 a.m. to 6 p.m.,

Wednesday. For more information regarding registration procedures, please call 767-2312. For more information regarding the basketball or cheerleading program, or to see if you qualify for sports fee waivers or discounts, please call 767-4371. Volunteers are also needed to coach teams. If interested, please visit CYSS or call 767-2312 to have your name placed on a coaches list. All volunteers will be required to fill out a registration form and submit to a background check.



# Jake's Body Shop Choose the exercise that's right for you

**Jake Battle**  
DMWR Fitness Director

For years, health experts have warned about the vicious cycle of losing and regaining weight.

Recently, a major scientific study concluded that yo-yo dieting may cause more harm than good.

## Linked to heart disease

In a study of 3,130 men and women, a team of researchers found that yo-yo dieters have a greater chance (25-100 percent) of developing heart disease and an overall higher death rate than those who maintained their weight.

In fact, the health risks of repeated weight loss and gain exceed those of being overweight, accord-

ing to Dr. Kelly Brownwell, a psychologist at Yale who directed the study.

The study analyzed 32 years of health records of the participants who were free of coronary disease when the study was initiated.

The study recently published in *The New England Journal of Medicine* says, "persons whose body weight fluctuates often have a higher risk of coronary heart disease and death than do those with relatively stable body weights."

## Ages most at risk

The study found that subjects with weight fluctuation from the ages of 30 and 44 were at most



risk.

According to the researchers, this is the age category where dieting is the most prevalent.

Brownwell said that his findings underscore the importance of dieters assessing their willingness to make a long-term commitment to changing eating behavior before starting a weight-loss effort.

Dr. George Blackburn, an obesity specialist at Harvard Medical School, said, "If you are trying to lose 10 pounds and are not sure you can keep it off, it may not be a good idea to lose it in the first place."

The researchers also concluded,

"These results do suggest that overweight persons should be taught skills to maintain weight loss, and the prevention of relapse should become a more central focus of weight loss programs."

Compounding the problem is that many dieters don't need to lose weight.

According to the *Tufts University Diet and Nutrition Letter*, the media has "fueled the notion that lean was desirable with unremitting intensity... at no other time in history has dieting as a way of life been more ingrained."

Forty years ago, even among the health care community, many felt "that all fat people could slim down if they just made more of an effort to stop eating too much."

Slowly, that view is changing.

## FORT STEWART-HUNTER ARMY AIRFIELD FLAG FOOTBALL STANDINGS

AS OF OCT. 7

Fort Stewart Marine Conference				
	Team	Wins	Losses	Win Pct.
1t.	92nd ENG	3	0	1.000
1t.	HHC 2ND BDE	3	0	1.000
1t.	92ND CHEM	3	0	1.000
4.	WTU/MEDDAC	2	1	.666
5t.	HHC USAG	2	2	.500
5t.	24th ORD Co	2	2	.500
5t.	549th MP Co	2	2	.500
8.	1/64 AR	2	3	.400
9t.	984th EN BN	2	3	.250
9t.	DIVISION STB	1	3	.250
9t.	15ASOS	1	3	.250
9t.	A CO 3/7 IN	1	4	.250
13.	554th EN CO	0	5	.000

Fort Stewart Rocky Conference				
	Team	Wins	Losses	Win Pct.
1.	1/76 FA	5	0	1.000
2.	632nd MAINT CO	5	1	.834
3t.	A Co. 26th BSB	4	1	.800
3t.	B TRP, 6/8 CAV	4	1	.800
5.	CO 3/15 IN	4	2	.666
6.	HHC 1/41 FA	6	4	.555
7.	A Co 1/41 FA	5	5	.500
8.	Dining Facility	3	4	.429
9.	A Co. 4-3 BSTB	2	3	.400
10.	HHC 1st BDE	3	6	.333
11.	G 1/41 FA	1	7	.125
12.	B Co. 1/41 FA	1	8	.111

Fort Stewart Atlantic Conference				
	Team	Wins	Losses	Win Pct.
1.	A Co. 703rd	4	0	1.000
2.	A Co. 3D BSB	4	1	.800
3.	B Co. 3/15 IN	3	1	.750
4.	C Co. 703rd	2	3	.400
5t.	HHC 1-30 IN	0	5	.000
5t.	3 SB	0	5	.000

Hunter National Conference				
	Team	Wins	Losses	Win Pct.
1.	514th Eng Det	7	0	1.000
2.	473rd QM Co	6	1	.857
3.	A Co 603rd Avn Rough Riders	5	2	.714
4.	D Co 2/3 Avn	3	3	.500
5.	512th QM Co	2	3	.400
6.	B Co 1/3 Avn	2	4	.333
7.	Dining Facility	1	6	.143
8.	416th Trans Co	0	7	.000

Hunter American Conference				
	Team	Wins	Losses	Win Pct.
1.	E Co 1/3 Avn	5	0	1.000
2t.	A Co. 603rd Avn	4	2	.666
2t.	B Co 603rd Avn	4	2	.666
4.	3/160 SOAR	5	3	.625
5.	HHC 603rd Avn	4	3	.571
6.	10th Trans Co	2	2	.333
7t.	USCG	2	2	.286
7t.	HHC 4/3 Avn	2	3	.286
9.	B Co 2/3 Avn	2	3	.250

**Downtown Hinesville**

# Oktoberfest

**Oktober 16th & 17th**

**Friday October 16th - 5pm-Midnight**  
**Saturday October 17th - 11am-11pm**

**Get Your Deutsch On!**

**Cody Walden**  
Local Country Artist

**Manuela Horn**  
Yodeling Comedienne & 2009 America's Got Talent Top 40 Finalist

**Kerry Christensen**  
Master Alpine Yodeler

**The Rhinelanders**  
German Band

## FREE ADMISSION

### Events/Attractions

- ❖ Yodeling Contest
- ❖ Food Vendors
- ❖ German Karaoke
- ❖ Best Authentic German Attire
- ❖ Raffle
- ❖ Dancing & Games
- ❖ Bier Tent
- ❖ Live Entertainment
- ❖ Marktplatz
- ❖ "Kinder Fun"

**Downtown Hinesville**  
Bradwell Park

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## MILER

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The scenic route took runners past landmarks including the Federal Reserve building, National Air and Space Museum, the Korean War Memorial and other historical sites. The final stretch of the race took runners over the George Mason Memorial Bridge toward the finish line.

Calling running a “great hobby,” Sgt. 1st Class Augustus Bostick, 87th Combat Sustainment Support Battalion, said his motivation to run the Ten-Miler came from the thought of running alongside more than 29,000 others.

“It (Army Ten-Miler) really builds esprit de corps, confidence and morale in the military,” he said. “I recommend that every one in the military participate in these races every year, if they can.”

Sergeant First Class Bostick, whose father served in both the Marines and Army, said he joined the military because he was destined to join.

“I’ve always wanted to do it, since I was 15 years old,” Sgt. 1st Class Bostick said about volunteering to join the Army. “I have been in about 16 years now, and I love it.”

Bostick added that he was also proud to represent Fort Stewart in the race.

Team members of the Brazilian Army took home the huge gold cup, grand prize trophy for their first place win with an overall time of 3:18:53. Although the Marne Team returned home empty-handed, many said their hearts were filled with a



Alex McVeigh, Fort Myer

**The first wave starts the Army Ten-Miler, Oct. 4. A record 30,000 runners registered for the race and 21,256 runners and wheelchair athletes completed the course.**

sense of pride having represented Georgia, Hunter and Stewart.

“I think that I have run into ten people just this morning who I know from other duty stations or from being deployed in Iraq,” said Lt. Col. Aguilar. “That’s probably the most

memorable thing about this race. This is a great way to represent the community, and we appreciate everything they do for us.”

The Army Ten-Miler’s mission is to promote the Army, build esprit de corps, support fitness goals and

enhance community relations. Produced by the U.S. Army District of Washington, proceeds from the Ten-Miler go to the Army Morale, Welfare and Recreation to help enhance the lives of Soldiers and their Families.

## Marne Team results:

### Men’s Open Team Placed 11/38:

**Sgt. 1st Class Augustus Bostick, 87th CSSB:**  
1:02:07

**Capt. Erik McFarlane, 5/7th Cav.:** 0:59:05

**Pfc. William Morgan, 87th CSSB:** 1:01:16

**Sgt. Micheal Sizemore, 3rd BSB:** 1:05:18

**Sgt. Ramiro Garrido 703rd BBSB:** 1:07:44

**Sgt. Darrel Miller 3/69t Armor -**1:20:39

### Women’s Open Team Placed 13/18:

**Pvt. Andreia Ortiz-Gonzalez, 1/64 Armor:**  
1:32:14

**2nd Lt. Elizabeth Waite, 92nd Eng. Bn.:**  
1:24:07

**Capt. Janet Martini, 92nd Eng. Bn.:**1:19:27

**Capt. Tegan Searle, WTB:** 1:14:42

**Capt. Louisa Jones, 3rd ID PMO:** 2:02:29

### Master’s Men Open Team:

**Lt. Col. Jose Aguilar, Hunter garrison commander:** 1:06:29

**Master Sgt. Kent Smith, 87th CSSB:**1:26:29

**Master Sgt. Scott Trost, 87th CSSB:**1:12:11

**1st Sgt. Aaron McHaney, 731st EDO:** 1:29:56